



EVERYDAY CHEF - A HANDS ON COOKING CLASS

A series of 4 classes for individuals and families. Learn new ideas on how to make delicious, healthy, simple, AND inexpensive meals!

Working with local chefs, participants will prepare and share family style meals. The class is ideal for individuals of all ages, as well as families who would like to bring their kids (12 yrs. old or more) to learn together.

- Each class will involve:**
- Basic techniques and simple recipes for an entire meal, along with variations of that meal.
 - Use of basic pantry items to ensure swift planning and preparation, especially the “I’m too tired to cook” meals.
 - Demonstration of ways to use the same ingredients to make another meal. (Cook once, eat twice).
 - Discussion of nutrition and smart shopping.

When: Tuesdays - Oct. 27 through Nov. 17 5:00 pm – 7:00 pm

Location: Community room at the 1st United Methodist Church of Mercersburg

Chefs: Adam Carlson - Mertz Dining Services and Jim Butler, Sage Dining Service

Cost: For the 4 class session: \$40 individual \$80 family

All educational materials and meals are included. SPACE IS LIMITED - early registration is recommended.

Email: questions to: mac4wellness@gmail.com

REGISTRATION:

Please include check made out to MACWell with registration.

NAME _____

ADDRESS _____

EMAIL _____ PHONE _____

_____ Individual - \$40 _____ Family - \$80

Please note how many in your family will attend:

in Family _____

List ages of children _____

Mail registration with check by TUESDAY, OCT. 20TH to:
MACWell, 123 N. Main St., Mercersburg, PA 17236

